



DRUMBEATS

February 2011



The Inspector General Bulletin
to keep you in step...

Physical Readiness Training “Smoke Sessions” vs. Corrective Action...



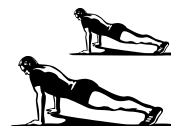
Leaders, training sessions for the sole purpose of “smoking” Soldiers have no place in the PRT system. Many times, these sessions produce life threatening conditions for Soldiers, such as, heat fatalities, debilitating overuse injuries, and rhabdomyolysis and may lead to permanent disability or death. Read Training Circular (TC) 3-22.20 for guidance on how to effectively employ corrective action.

According to the TC at paragraph 5-15: When exercise is used for corrective action, it is often performed incorrectly, promoting overtraining syndrome, and overuse injuries. Often corrective action mimics “smoke sessions,” punishing Soldiers with little or no corrective value. Consideration must be given to the number of times per day exercises are used for corrective action for individual Soldiers and groups of Soldiers to avoid the cumulative effect and limit the potential for overtraining syndrome. The following guidelines should be followed when employing exercise as corrective action.

- Only the following exercises *should be* selected for performance of corrective action:



Rower Squat bender Windmill Prone row Push-up V-up
Leg tuck and twist Supine bicycle Swimmer 8-count push-up



- Only one of the above exercises *may be* selected for each corrective action.
- The number of repetitions *should not* exceed FIVE for any one of the exercises listed above.
- Proper employment of the above exercises are found in Parts Two and Three of TC 3-22.20.



IG Contact Numbers

IG 404-464-2994
IG SGM 404-464-1728
IG NCO 404-464-2461
IG(FWD) 318-430-6330

**Give your Chain of Command
a chance to resolve your issues !!!**

Reference, TC 3-22.20. Find it at
http://armypubs.army.mil/doctrine/tc_1.html